

School Mental Health Newsletter: October 2021





Did you know?
October 3rd – 9th, 2021 is
Mental Health Awareness Week
October 10th, 2021 is
World Mental Health Day



It is **Hispanic Heritage Month!** [Click here](#)
to learn more about mental wellness in
the Latinx Community

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

[Click here](#) to check out a helpful resource toolkit to raise awareness, and find tools to report and prevent bullying

Quick Read: NPR Feature Article



NPR Feature Article:

“We Know Students Are Struggling with Their Mental Health. Here’s How You Can Help Them”

[Click here](#) to read

According to the CDC, between March and May, 2020, hospitals across the country saw a 24% increase in mental health emergency visits by kids aged 6 to 11 years old, and a 31% increase for kids 12 to 17.
Annie Otzen/Getty Images

Important Phone Numbers to Know:

- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- South Oaks Hospital Admissions –631-608-5885
- Cohen Children’s Medical Center Pediatric Behavioral Health Urgent Care – 718-470-3148
- Cohen Children’s Medical Center Pediatric Emergency Department – 718-470-3768
- Long Island Crisis Center – 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline- 800-273-8255

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Pediatric Mental Health Minute Series – New Videos

Social Media and Adolescent Mental Health

In this 25-minute video titled *Social Media and Adolescent Mental Health*, Elise M. Fallucco, MD, DFAACAP will discuss how social media has the potential to enhance social connection among adolescents and how pediatricians can talk with teens about healthy social media use, click the link to [Watch Now](#).

School-Based Mental Health

Pediatricians are frequently on the front lines recognizing mental health concerns in children and adolescents and have a unique opportunity to diagnose youth early to help prevent negative outcome. In this 14-minute video titled *School-Based Mental Health*, Kristie Ladegard, MD will discuss school-based mental health and how these services range from school-wide prevention efforts to individualized, intensive interventions including comprehensive mental health services provided directly on site in a school-based health clinic, click the link to [Watch Now](#).

Mental Health in LGBTQ+ Youth

In this 13-minute video titled *Mental Health in LGBTQ+ Youth*, Jason Richard Rafferty, MD, MPH, EdM, FAAP will discuss how stigma, discrimination, and policy effects the mental health of LGBTQ+ youth and factors that support resiliency, click the link to [Watch Now](#).

Partnering with Communities to Promote Positive Parenting in Immigrant Families

In this 8-minute video titled *Partnering with Communities to Promote Positive Parenting in Immigrant Families*, Joyce Javier, MD, MPH, MS, FAAP will discuss the importance of evidence-based parenting interventions and partnering with communities to promote positive parenting in Immigrant families, click the link to [Watch Now](#).

The [Pediatric Mental Health Minute Series](#) provides real-time education to support pediatricians caring for children and youth with mental health disorders.



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Community Education:



Healthy Sleep for a Healthy Mind

Date: Tuesday, October 26,
2021

Time: 7 PM

[Click here](#) to register.

Coping with the Effects of COVID-19



Date: Tuesday, December 21, 2021

Time: 7 PM

[Click here](#) to register.



Healthy Eating for a Healthy Body and Mind

Date: Tuesday, November
30, 2021

Time: 7 PM

[Click here](#) to register.

Stay informed!

Interested in getting **text messages**
about upcoming programs?

We now use Remind! Please add us
as a class in your existing account or
create a new account by joining
[here](#) or by searching **@NWH4School**

Are you on social media?

If so, follow our news feed on
Facebook for the last information,
news and events. [Click here](#)

Frequently Asked Questions:

Is registration required to join the webinars?

Yes. Registration is required for each webinar.

Where is the link to join the webinar?

The link will be sent to you by Zoom after you register for each webinar.



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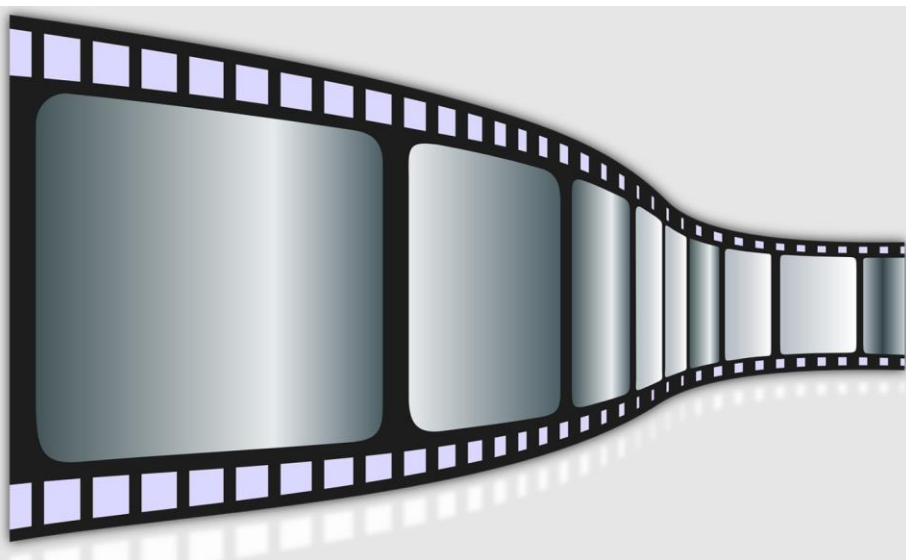
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Previous Event Recordings:



[Click here to access our full video Library of event recordings](#)

In Case you missed it:

Back to School Workshop Series for Parents

Cohen Children's Medical Center, South Oaks Hospital and Zucker Hillside Hospital partnered to provide a workshop series for parents on school refusal to help prepare their children's return to school this fall.



[Click here](#) for Session 1: **School Refusal Intro**

[Click here](#) for Session 2: **School Refusal/Anxiety**

[Click here](#) for Session 3: **Oppositional Behavior**

Katz Institute for Women's Health: Forums for Mothers of School- Aged Students

A Mother's Resilience: Caring for a Family

Learn how to balance the challenges of life with our OnTrack NY team *Please note this webinar was held on September 30th, 2021*

[Click here to view this recording](#)

Motherhood and Substance Abuse (*Series for Mothers)

Learn from our substance use disorder experts about signs & symptoms of addiction, the impact on motherhood/families and available resources. *Please note this webinar was held on June 24th, 2021*

[Click here to view this recording](#)

Self-Care for Mothers - Managing Work-Life Balance (*Series for Mothers)

Learn from our perinatal psychiatrist and psychologists about managing work life balance for moms. *Please note this webinar was held March 25th, 2021*



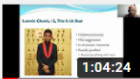
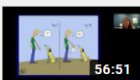

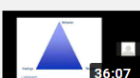

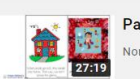
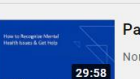

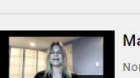
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-  **Managing Your Anxiety**
Northwell Health
26:35
-  **Bereavement and grief in families: How to talk to children about loss in the family?**
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54:56
-  **Talking to kids about Race, Racism, Antiracism**
Northwell Health
1:04:24
-  **Parenting Children with Behavioral Issues**
Northwell Health
56:51
-  **Mindfulness in Recovery**
Northwell Health
44:25
-  **Coping with the Aftermath of COVID 19**
Northwell Health
36:07
-  **Supporting Parents and School aged Children During Uncertain Times: A COVID 19 Information Session**
Northwell Health
1:03:24
-  **Parenting Children with Special Needs during the COVID Pandemic**
Northwell Health
27:19
-  **Parenting Teenagers during COVID 19**
Northwell Health
29:58
-  **Stress Management**
Northwell Health
29:34
-  **Managing Stress: Guided Meditation and Other Strategies**
Northwell Health
11:27



Community and Population Health - Behavioral Health



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SUBSCRIBE

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